

**I. AMENDMENT**

**A. In the Claims**

Please amend the claims as set forth below. It is believed that no new matter has been added.

1. (Previously presented) A method of creating a personalized exercise routine, the method including:

forming machine-readable instructions corresponding to a personalized exercise routine stored;

protecting said machine-readable instructions as private to a user;

maintaining said personalized exercise routine as personal to the user;

storing the personalized exercise routine formed in the machine-readable instructions in a memory device;

retrieving the personalized exercise routine formed in the machine-readable instructions from the memory device; and

user-triggered engaging of the machine-readable instructions to control an exercise machine in carrying out the personalized exercise routine.

2. (Currently amended) The method of claim 1, ~~wherein the forming machine-readable instructions includes the steps of~~ wherein:

~~forming a first set of signals corresponding to the exercise routine carried out on a first machine;~~

the personalized exercise routine is formed with respect to a first user-selected type of exercise equipment;

and further including translating the ~~first set of signals to form the machine-~~

~~readable instructions~~ exercise routine to a different type of user-selected exercise equipment to  
enable carrying out the personalized exercise routine on the different type of exercise  
equipment.

3. (Currently Amended) A method of using a system ~~creating a personal~~  
~~exercise routine~~, the method including:

providing at least one user interface ~~to~~ that allows a user to select a type of  
exercise equipment, and

~~create a first set of signals corresponding to a personal exercise routine on~~ for a  
~~first exercise machine~~ the type of exercise equipment that is selected;

allowing translating, by a computer system, of the exercise routine from the  
selected type of exercise equipment ~~the first set of signals to form machine-readable~~  
~~instructions; and controlling a second exercise machine~~ to a different type of exercise  
equipment that is selected by the user ~~with the machine-readable instructions in; and~~

providing control over at least one of the types of exercise equipment to enable  
the exercise routine to be carried out by the user.

~~carrying out the personal exercise routine on the second exercise machine.~~

4. (Currently amended) The method of claim 1, further including storing in  
said personal account, medical information and a charge card number respectively  
corresponding to the user, wherein said account is maintained, by said system, as personal to  
the user.

5. (Currently amended) The method of claim 1, further including the steps

of:

forming a profile of the user; and

~~protecting~~ maintaining, by the system, the profile of the user as ~~private~~ personal  
to the user, ~~along with said machine-readable signals.~~

6. (Currently amended) The method of claim 3, further including the steps

of:

~~forming~~ allowing a user profile to be formed and stored in a personal account  
that is maintained, by the system, as personal to the user; and

~~protecting the user profile as private to a user, along with said machine-readable~~  
signals.

7. (Currently amended) The method of claim 3, further including wherein  
~~said forming machine-readable instructions includes:~~

programming a cardiovascular exercise as the exercise routine on a personal  
computer; and ~~further including:~~

communicating signals corresponding to the exercise routine over a network to  
~~said second exercise machine~~ the control over the different type of exercise equipment.

8. (Currently amended) The method of claim 3, wherein said ~~forming~~  
~~machine-readable instructions includes~~ providing includes:

allowing access ~~accessing,~~ via a virtual private network, to a web-accessible  
library of modifiable preprogrammed routines; and

allowing modification of ~~modifying one of~~ said preprogrammed routines.

9. (Currently amended) The method of claim 3, ~~wherein said forming machine-readable instructions includes~~ further including:

selecting a type of cardiovascular fitness equipment as the ~~second~~ different type of exercise equipment, and specifying a duration of an exercise, a number of time intervals, an intensity, and a speed for each of the intervals.

10. (Currently amended) The method of claim 1, ~~wherein said storing includes~~ further including:

storing the exercise routine on a memory means that is physically transportable ~~transported to said exercise machine to enable reading by said exercise machine in connection with said~~ controlling ~~retrieving~~ step.

11. (Previously presented) The method of claim 10, wherein said storing includes storing by making an addition to a library of routines.

12. (Currently amended) The method of claim 3, further including:  
swiping at least one of a credit card or smart card for access to the different type of second exercise equipment machine.

13. (Previously presented) The method of claim 12, wherein said swiping is carried out with a card reader on a reception admission control system.

14. (Currently amended) The method of claim 3, further including:

obtaining from the computer system, via communication over a network with a user computer, an agreement to abide by gym rules.

15. (Currently amended) The method of claim 5, further including storing, in said profile, a charge card number associated with the user.

16. (Currently amended) The method of claim 6, ~~further including storing a charge card number associated with the user~~ wherein said providing includes providing the control over both of said types of exercise equipment.

17. (Previously presented) The method of claim 3, further including communicating at least some personal profile data between computer systems of different gyms.

18. (Currently amended) The method of claim 15, further including enabling, with the computer system, carrying out an on line purchase from the different type of exercise machine equipment while exercising.

19. (Currently amended) The method of claim 16, ~~further including carrying out an on line purchase using the exercise machine while exercising~~ 76, wherein:

the personalized exercise routine is formed with respect to a first user-selected type of exercise equipment;

and further including translating the exercise routine to an other type of user-selected exercise equipment to enable carrying out the personalized exercise routine on the

other type of exercise equipment.

20. (Currently amended) The method of claim 3, further including forming a set of exercise routines translated to control ~~that use different types of exercise machines, said set including said personalized exercise routine~~ equipment, and storing the set in memory accessible by the computer system.

21. (Currently amended) The method of claim 5 3, further including providing a control for at least one type of media including video, TV, e-mail, stock prices, news, horoscope, hobby information, Internet media, or an electronic magazine, the control being stored in a profile of a user.

22. (Previously presented) The method of claim 21, wherein the providing a control is carried out with two of the media.

23. (Previously presented) The method of claim 21, wherein the providing a control is carried out with three of the media.

24. (Currently amended) The method of claim 23, further including implementing the control by displaying media at said different type of ~~second~~ exercise equipment ~~machine~~.

25. (Currently amended) The method of claim 76 [[1]], wherein said forming is carried out using a personal computer and ~~said retrieving includes~~ further including user-

triggered downloading to allow said controlling of said exercise equipment machine.

26. (Currently amended) The method of claim 25, further including using a virtual private network to access the computer ~~a host system used in~~ to carry out said downloading.

27. (Currently amended) The method of claim 7 ~~[[1]]~~, further including providing a browser interface presented at said exercise machine to control Internet communication.

28. (Currently amended) The method of claim 3, further including providing a browser interface presented at said ~~second~~ different type of exercise equipment machine to control Internet communication.

29. (Currently amended) The method of claim 27, further including communicating ~~the machine-readable signals into~~ the exercise routine to a controller between the Internet and the exercise machine.

30. (Currently amended) The method of claim 28, further including communicating ~~the machine-readable signals into~~ the exercise routine to a controller between the Internet and the different type of ~~second~~ exercise equipment machine.

31. (Previously presented) The method of claim 5, further including controlling with said profile output to a display device and a speaker jack at the exercise machine.

32. (Currently amended) The method of claim 6, further including controlling with said profile interaction with Internet communication while exercising by use of a device at least one of a video game joystick on said different type of second exercise equipment machine or a flexible touch pad on at least one handle of the different type of second exercise equipment machine.

33. (Previously presented) The method of claim 6, further including controlling with said profile programmed, hands-free, Internet communication.

34. (Currently amended) The method of claim 33, wherein said controlling includes controlling selectable content and presentation format coordinated with timing of the exercise routine.

35. (Currently amended) The method of claim 6 3, further including monitoring heart rate with a sensor at the different type of second exercise equipment, and storing said heart rate in said user profile machine.

36. (Currently amended) The method of claim 35, further including monitoring speed and intensity of the exercise routine; and  
storing said heart rate, said speed, and said intensity in said user profile.

37. (Currently amended) The method of claim 36, further including communicating signals corresponding to said heart rate, said speed, and said intensity in an Internet communication sent to a user computer.



38. (Currently amended) The method of claim 3, further including utilizing a calendar function to schedule use of the different type of second exercise equipment machine.

39. (Previously presented) The method of claim 3, further including utilizing a calendar function to schedule use of a group of pieces of exercise equipment.

40. (Currently amended) The method of claim 3, further including logging on to a virtual private network from a personal computer to obtain ~~data enabling formation of said exercise routine~~ said at least one user interface.

41. (Currently amended) The method of claim 76 [[1]], further including formatting output at a display device at said exercise machine, said formatting including selectable enlarging of the output.

42. (Currently amended) The method of claim 3, further including formatting output at a display device at said different type of second exercise equipment machine, said formatting including selectable enlarging of the output.

43. (Currently amended) The method of claim 6 3, further including enabling Internet navigation by an interface at said different type of exercise equipment ~~operating~~ during exercising.

44. (Currently amended) The method of claim 76 6, further including

specifying parameters of the exercise routine including type of machine, duration of session, intensity level, and pattern of variation of the intensity level.

45. (Previously presented) The method of claim 6, further including:  
permitting, at discretion of the user, access to an exercise report, and storing the report in the profile.

46. (Currently amended) The method of claim 5, ~~wherein said storing is carried out by storing in said profile~~ 19, wherein the different type of exercise equipment comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, or a resistance type machine.

47. (Currently amended) The method of claim 19 6, further including storing ~~at least one of the set of signals or the machine-readable instructions in said profile~~ specifying, by a user computer, a location corresponding to the different type of exercise equipment.

48. (Currently amended) The method of claim 6, wherein the different type of second exercise equipment machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, or a resistance type machine.

49. (Currently amended) The method of claim 6, further including digitally specifying a location of the different type of exercise equipment, the second exercise machine so that exercising is carried out at a location corresponding to at least one of a home, ~~a gym~~, a

spa, an exercise facility of an apartment complex, and a hotel.

50. (Currently amended) The method of claim 76 ~~[[1]]~~, further including controlling access to said exercise machine, via a virtual private network of computer devices corresponding to exercise machines, by assigning a user identification name and a password to each of said devices.

51. (Previously presented) The method of claim 6, further including maintaining a business operations database used in carrying out the translating.

52. (Currently amended) The method of claim 19 ~~5~~, further including forming a client profile database containing a profile for each of a plurality of users~~[[.]]~~.

53. (Previously presented) The method of claim 6, further including forming a client profile database containing a profile for each of a plurality of users.

54. (Currently amended) The method of claim 19 ~~6~~, further including accessing a virtual private network in scheduling an exercise session in which the controlling is to occur, the scheduling being carried out through a web browser interface, and the scheduling including selecting a location, date, and time, ~~a future exercise routine is to be accomplished.~~

55. (Previously presented) The method of claim 54, further including configuring web viewing through the web browser interface, including: configuring screens of the web browser, said web browser interface stored on the second exercise machine; and

selecting types of content to be viewed while exercising.

56. (Currently amended) The method of claim 54, further including initiating the exercise routine ~~by mounting the second exercise machine and~~ by presenting identification to the different type of second exercise equipment machine, the presenting including at least one of entering a name and password on a keypad, entering information from a smart card to a reader, or entering information from magnetic strip to a card reader.

57. (Previously presented) The method of claim 6, further including controlling output of visual and audio Internet media with said profile, the media including at least one of music, a video, multimedia, or chat.

58. (Currently amended) The method of claim 6, further including optionally viewing and configuring reports including intensity levels of the exercise routine and heart rate through a web browser interface and at a personal computer of the user.

59. (Currently amended) The method of claim 6, wherein ~~using~~ the at least one user interface includes a corresponding media display, the media from the group including at least one of video, audio, and text

60. (Previously presented) The method of claim 6, further including creating a resource pool database of available exercise equipment.

61. (Currently amended) The method of claim 6, further including:

logging on to ~~[[a]]~~ the system to review the profile via a web browser interface,  
~~said logging in including~~ by inputting an identification number and password.

62. (Currently amended) The method of claim 6~~[[1]]~~, further including  
inputting into said profile birth date, gender, weight, height, or health history.

63. (Previously presented) The method of claim 61, further including inputting  
membership of a gym into said profile.

64. (Previously presented) The method of claim 63, inputting location of the  
gym and a gym membership identification number.

65. (Currently amended) The method of claim 76 ~~[[1]]~~, further including  
entering an indicator to find a gym ~~to carry~~ capable of carrying out the step of controlling  
~~engaging~~.

66. (Currently amended) The method of claim 6, further including entering a  
location indicator to find a gym ~~to carry~~ capable of carrying out the step of controlling.

67. (Currently amended) The method of claim 6, wherein the controlling  
includes controlling speed of the exercise machine ~~with said machine-readable signals~~.

68. (Previously presented) The method of claim 6, further including setting a  
filter of at least one of web subject matter or content in said profile.

69. (Previously presented) The method of claim 6, further including computer-enabled permission for another to form a group of users.

70. (Currently amended) The method of claim 19 ~~[[5]]~~, further including ~~computer-enabled partial, but not complete access to data in the profile~~ accepting, with said system, a gym registration application from a personal computer of the user.

71. (Currently amended) The method of claim 6, further including ~~computer-enabled partial, but not complete access to data in the profile~~ accepting, with said system, a gym registration application from a personal computer of the user.

72. (Previously presented) The method of claim 1, further including accepting a gym registration application over the network.

73. (Currently amended) The method of claim 3, further including accepting, with said system, a gym registration application from a personal computer of the user over the network.

74. (Currently amended) The method of claim 3 ~~[[5]]~~, further including managing, with said system, a gym membership.

75. (Currently amended) The method of claim 5 ~~[[6]]~~, further including managing gym membership, with said system, including tracking fees of gym users and issuing

invoices.

76. (New) A method of using a computer system, the method including:  
forming a personalized exercise routine stored in a personal account at a  
computer system;  
protecting said personalized exercise routine with a password and such that the  
personalized exercise routine is maintained, by said system, as personal to a user; and  
controlling an exercise machine of said system with said personalized exercise  
routine.